

Be Fit. Be Well. Milpitas Sports Center

Fitness Class Schedule (Effective November 1, 2021)

1325 E. Calaveras Blvd. | (408) 586-3225 | www.ci.milpitas.ca.gov

Monday

7:15am-8:00am	Water Exercise	Rotating Inst	Pool
9:15am-10:15am	Fit for Life	Malia	DS1
5:00pm-5:45pm	Water Exercise	Rotating Inst	Pool
6:00pm-7:00pm	Hot Hula	Sheila	DS2
6:15pm-7:15pm	Back to Fitness and Fun	Aira	DS1

Wednesday

7:15am-8:00am	Water Exercise	Rotating Inst	Pool
9:15am-10:15am	Fit for Life	Malia	DS1
5:00pm-5:45pm	Water Exercise	Rotating Inst	Pool
5:00pm-6:00pm	Zumba Gold	Divina	DS1
6:00pm-7:00pm	Hatha Yoga	Asha	Annex
6:30pm-7:30pm	Zumba	Alvin	DS1

Saturday

9:00am-10:00am	Hatha Dynamic Yoga	Asha	Annex
9:00am-9:45am	Water Exercise	Rotating Inst	Pool
9:15am-10:15am	Back to Fitness and Fun	Aira	DS1
9:30am-10:30am	U-Jam Fitness	Yuki	DS2

***** Schedule subject to change without notice*****

Tuesday

9:30am-10:30am	Interval Mix	Maria	DS1
5:00pm-5:45pm	Water Exercise	Rotating Inst	Pool
6:30pm-7:30pm	U-Jam Fitness	Yuki	DS1

Thursday

9:00am-10:00am	Fit Plus Fun, Minus Pain	Aira	DS1
12:00pm-1:00pm	Total Body Cond.	Maria	DS1
1:30pm-2:30pm	Feldenkrais (Zoom)	Richard	Zoom
5:00pm-5:45pm	Water Exercise	Rotating Inst	Pool
5:00pm-6:00pm	All Levels Yoga	Jean	Annex
6:30pm-7:30pm	U-Jam Fitness	Ames	DS1

Friday

7:15am-8:00am	Water Exercise	Rotating Inst	Pool
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Drop in Sports Open Gym

Monday	5:30pm-9:00pm	Basketball
Tuesday	5:30pm-9:00pm	Pickleball
Wednesday	8:00am-11:00am	Pickleball
Wednesday	5:30pm-9:00pm	Volleyball
Thursday	5:30pm-9:00pm	Basketball
Friday (1st, 3rd & 5th)	8:00am-11:00am	Pickleball